

August 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Netting on the Beach, 10am	2 Trivia Night, 5:30pm	3 Owl Prowl in the Preserve, 8pm	4 Sunset Jam, 6pm	5 Fishin' in the Pond, 4pm	6
7 Sunday Member Mixer, 3pm	8	9 Beach Walk, meet at Beach Entrance, 9am	10	11 Ladies' League Play, 9am Sunset Jam, 6pm	12 Banjo at the Bonfire, 6pm	13 Themed Preserve Walk, meet at Beach, 10am Nature Talk Campfire, 8pm
14 Sunday Member Mixer, 3pm	15 Plein Air Painting on the beach, 4pm	16 Beach Walk, meet at Beach Entrance, 2:30pm Full Moon Walk, meet at Beach, 8pm	17 Walking Club Preserve Walk, 9:00am Owl Prowl in the Preserve, 8pm	18 Ladies' League Clinic, 9am Pink Tournament, 9am Sunset Jam, 6pm	19	20
21 Sunday Member Mixer, 3pm	22 Veterans Golf Association Outing, 8am	23 Beach Walk, meet at Beach Entrance, 9am	24 Walking Club Preserve Walk, 9am Fishin' in the Pond, 4pm	25 Ladies' League Play, 9am Sunset Jam, 6pm	26 Member Clinic "Short Game", 5pm Yappy Hour on the Patio, 5:30pm	27 Themed Preserve Walk, meet at Beach, 10am Bicycle Beer Flight, 10am
28 Sunday Member Mixer, 3pm	29 Nicklaus Cup - Round 3, 8am Netting on the Beach, 10am	30 Beach Walk, meet at Beach Entrance, 2:30pm	31 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm			

All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app, as well as sent out via email.

Hours of Operation

Life Center
757-331-8730

Mon - Sun
6:30am-8pm

Pool Hours
Mon-Sun
6:30am-8pm

Coach House Tavern
757-331-8630

Mon - Closed
Tues - 10am-5pm
Wed - 10am-7pm
Thurs - 10am-8pm, *Prime Rib Night*
Fri - Sat 9am-9pm
Sun (Brunch) - 9am-5pm

Pro Shop
757-331-8620

Mon - Sun - 6:30am-6pm



August 2022

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, and HIIT classes due to equipment availability and spacing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	2 Tai-Chi - 8:30 am Water Aerobics - 10:30 am	3 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	4 Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	5 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	6 High Intensity Interval Training (HIIT)- 10am
7	8 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	9 Tai-Chi - 8:30 am Water Aerobics - 10:30 am	10 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	11 Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	12 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	13 High Intensity Interval Training (HIIT)- 10am
14	15 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	16 Tai-Chi - 8:30 am Water Aerobics - 10:30 am	17 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	18 Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	19 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	20 High Intensity Interval Training (HIIT)- 10am
21	22 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	23 Tai-Chi - 8:30 am Water Aerobics - 10:30 am	24 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	25 Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	26 Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	27 High Intensity Interval Training (HIIT)- 10am
28	29 Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	30 Tai-Chi - 8:30 am Water Aerobics - 10:30 am	31 Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am			

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